

Alternative Medicine: A Novel Gut Bacteria Noted to Help Combat Obesity, Diabetes and Heart Disease

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

As science continues to emerge in gut research, novel gut bacteria are discovered.

Akkermansia muciniphila has emerged as the “sentinel of the gut” and has been shown to promote gut barrier integrity, modulate immune response and inhibit inflammation.

Adequate levels of Akkermansia muciniphila provides that extra mucus layer of protection in leaky gut.

Low levels of this important bacteria have been found to be associated with a higher risk of cancer, diabetes, heart disease, auto-immune disease and obesity.

One test that measures your level of Akkermansia muciniphila is the GI Effects Test from Genova (<https://www.gdx.net/product/gi-effects-comprehensive-stool-test>)

Unfortunately there is yet no supplement to increase Akkermansia muciniphila. You can increase the abundance of A. muciniphila in your gut by eating polyphenol-rich foods (<https://www.healthline.com/health/polyphenols-foods>).

The following are currently recommended to increase this important gut bacteria:

Fish oil

Cranberry extract

Pomegranate

Green tea

Bamboo shoots

Flaxseed

Dr. Badanek has been and currently is 41 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151